

Spinach Power Salad with Mandarin Vinaigrette

Makes: 4 Servings

"I was inspired to make this salad because a couple weeks ago my dad made a spinach salad that was really good," says Emilie. "I decided that I wanted to make my own spinach salad with homemade dressing. I chose spinach because it is a high source of iron, fiber, and vitamin C. I also think kids would like to eat this salad because of its fun colors."

Ingredients

For the Dressing:

- 1** Juice from 1 snack-size cup of mandarin oranges in natural juice (reserve oranges)
- 2 tablespoons** apple cider vinegar
- 1/4 cup** olive oil
- 1/4 cup** pure cane sugar
- 1/2** small onion, peeled and chopped
- 1 tablespoon** spicy brown mustard
- 1 tablespoon** yellow mustard
- 1/2 teaspoon** salt
- 1/2 teaspoon** pepper

For the Salad:

- 8 ounces** skinless, boneless chicken breast
- 5 ounces** baby spinach
- 1** large carrot, peeled and shredded
- 24** red seedless grapes
- Reserved mandarin oranges (from above)
- 1 1/2 ounces** shelled walnuts, chopped coarsely
- Salt and pepper to taste



Nutrition Information

Nutrients	Amount
Calories	362
Total Fat	22 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	488 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Total Sugars	22 g
Added Sugars included	12 g
Protein	16 g

Directions

1. **To make the Dressing:** In a blender, combine all of the dressing ingredients. Pour into a decorative bottle with a lid.
 2. **Preheat the grill to medium-high.** Grill the chicken, flipping once, for about 10 minutes total, or until cooked through. Chop into bite-sized pieces.
 3. **To make the Salad:** Divide the spinach among 4 bowls. Top each bowl with shredded carrots, grapes, chicken, mandarin oranges, and walnuts. Season with salt and pepper. Shake the dressing to ensure it's mixed well and drizzle desired amount on top of salad.
- The 2015 Healthy Lunchtime Challenge Cookbook